

Online Safety Awareness

Let's consider how we can together, work towards the safe and responsible use of technology



An analogy:

You wouldn't give your car keys to a child and expect them to drive safely, responsibly and understand the risks of driving.

This action, would of course, be breaking the law!

The Law:

You can apply for a provisional driving licence when you're 15 years and 9 months old. You can start driving a car when you're 17.

Digital Parents and Carers

- Safety is about **behaviour**
- Keeping children safe is about parenting!

Parenting Online

- Really no different to what we already do
- Set and adjust boundaries-age/maturity related
- Get to know what applications your children and their friends use
- Model good behaviour- you are a role model
- Provide guidance and ensure they are shared with family members

Keep talking and listening to them



How to protect your children

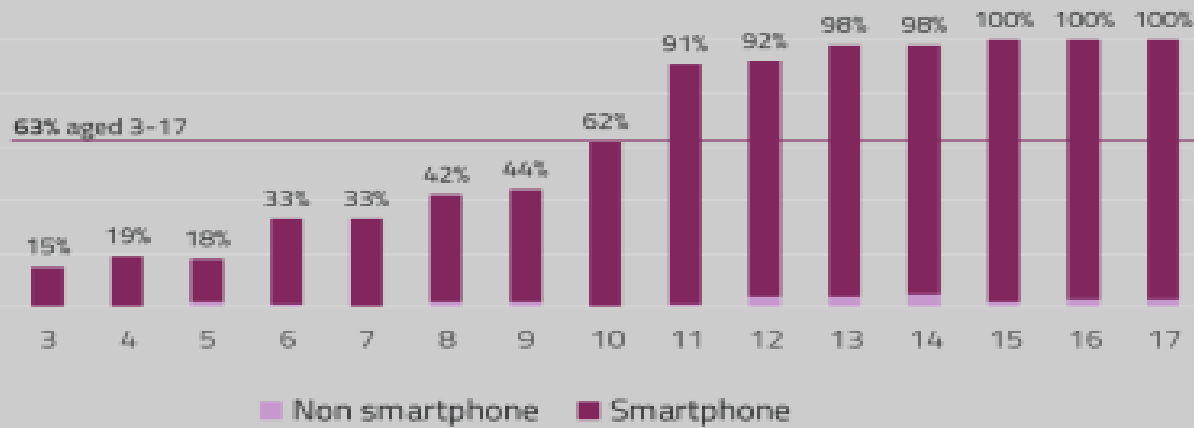
You could remove the hazards and eliminate the risk.

Technological parental controls are an option:

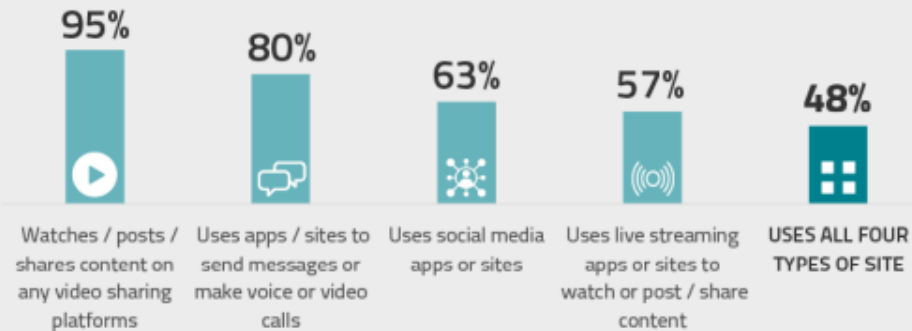
These only work until someone works out how to bypass them!

If you rely on a technological solution to stay safe how will your child cope when the technology fails or they are using their devices elsewhere?

Mobile phone ownership by age



Online behaviours



Trends Summary- Rf
OFCOM: Children and
Parents- Media Use and
Attitudes Report 2022

5 terms every parent should know

01.

Deepfakes

AI-generated fake videos or images that allow people's faces or bodies to be swapped or digitally altered – commonly seen in celebrity pornographic videos, fake news and on face-swapping apps.

02.

Cancel Culture

On social media, this often refers to the withdrawal of support for public figures – e.g. Instagrammers – or companies we disagree with.

03.

Misinformation

False information that hasn't necessarily been created to intentionally mislead people – e.g. sharing a COVID-19 "miracle cure" without knowing if it's genuinely effective or not.

04.

Disinformation

False information that is intended to deliberately mislead people – e.g. writing a blog post that intentionally contains inaccurate news.

05.

Digital Activism

Using digital platforms – like social media – to encourage social or political change, as seen during the US election and Black Lives Matter movement.

As adults, we have the experience to question what we read.

We can help our children by encouraging them to ask these questions:

Does the story seem believable?

Do other sites have the same fact and figures?

Has it been reported on the radio, TV and in more than one reliable newspaper?

Does the photo or video look normal?

Does the web site look professional, or does it use poor quality graphics?

Is some of the text written in CAPS- usually a sign of sensationalism- or feature lots of exclamation marks?

Does it have a standard web site address, such as .org .co.uk .com

Source: *Digital Parenting Magazine- Vodafone*

13+

Official
age rating

16+

Official
age rating

12+

Official
age rating

18+

Official
age rating

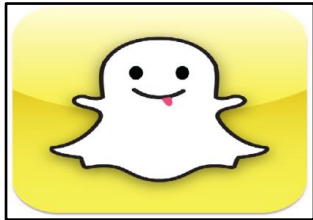
17+

Official
age rating

7+

Official
age rating

Online Safety Awareness



Online Safety Awareness



13+

Official age rating



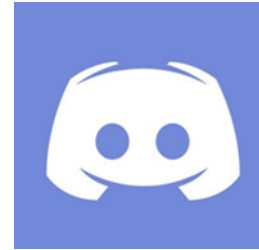
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12+

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13+

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16+

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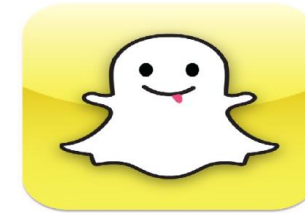
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18+

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13+

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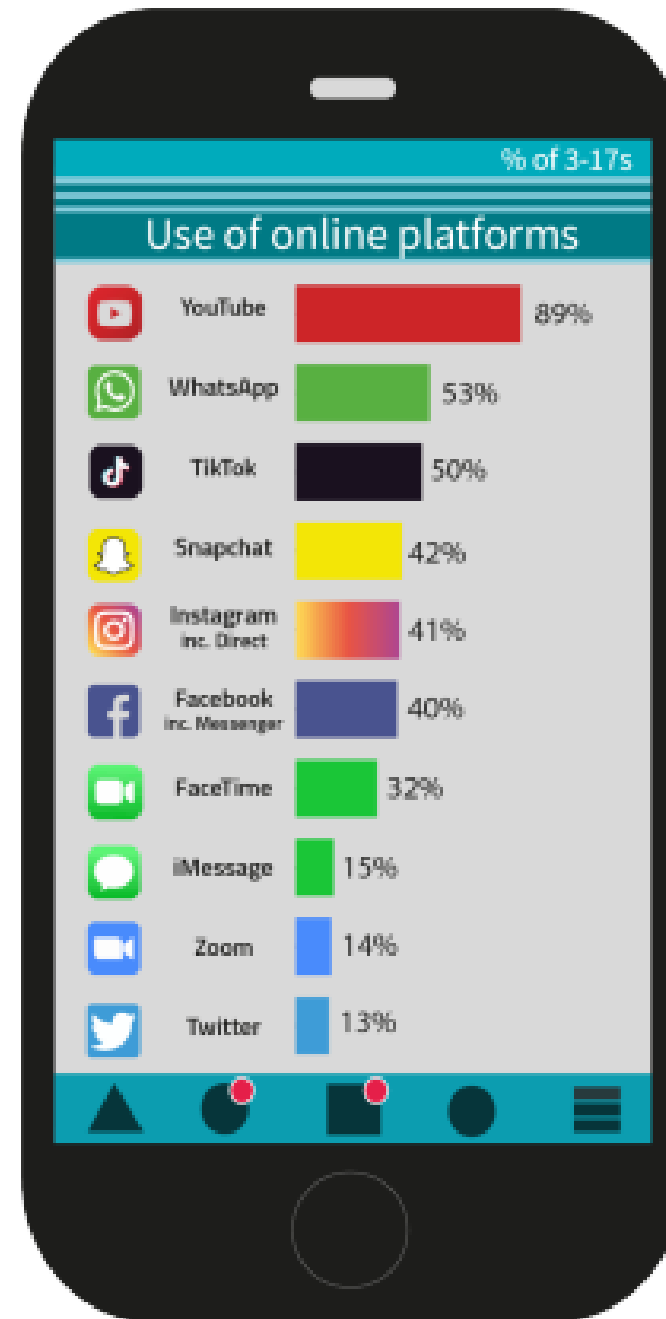
Trends:

For most people the internet is an integral part of life and has many benefits.

We need to empower children to use the internet safely, manage risk and avoid known online harms.

There should be no difference between how we interact (behave) online, compared to how we interact (behave), face to face.

Trends Summary- Rf OFCOM: Children and Parents- Media Use and Attitudes Report 2022



Age-restricted Content:

Some online content and services have an age restriction, often of **13 or above**. This includes social media and some video game streaming services that allow people to sign up to create an account.

The laws to do with privacy and data mean online services and apps are not allowed to collect the personal information of anyone under 13 without a parent's permission. Personal information can include your name and email address.

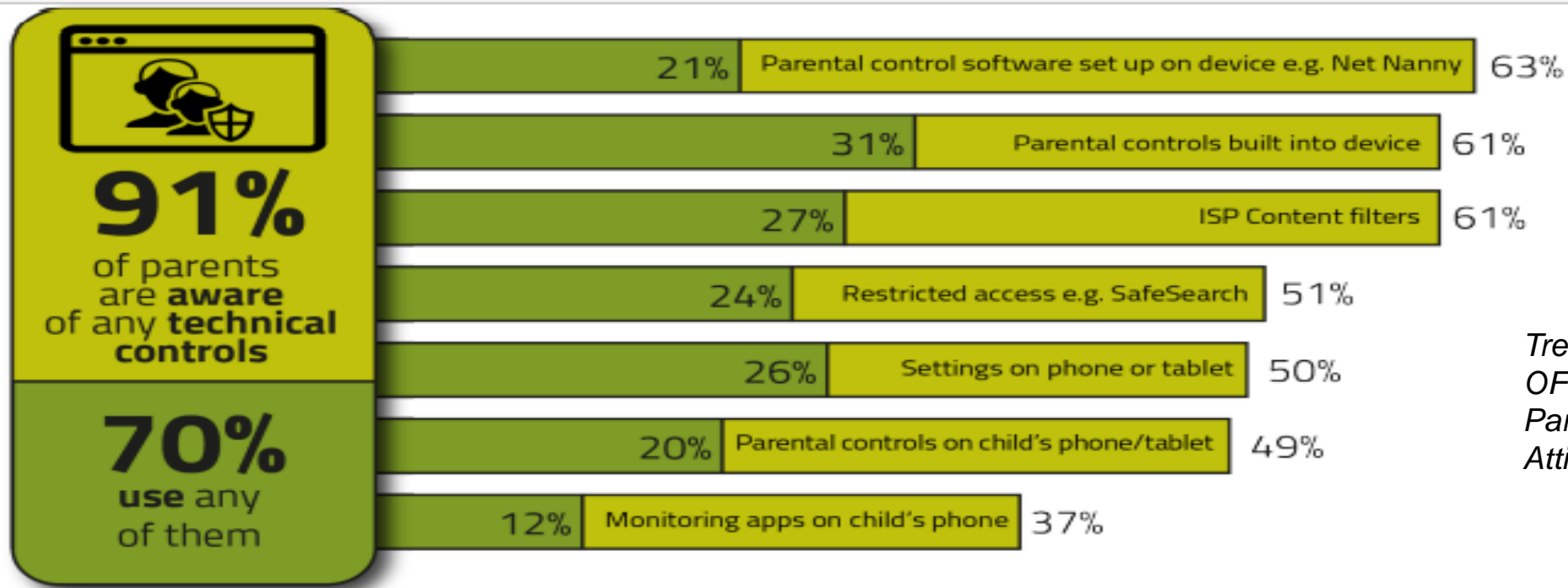
Relevant law: Children's Online Privacy Protection Act (COPPA, US), General Data Protection Regulation (GDPR, EU).

Some services also have restrictions because their content is:

- **inappropriate** for people under a certain age, e.g. disturbing or frightening
- **illegal** for young people to use, e.g. gambling sites (minimum age 18)

Restrictions are different from ratings on films and video games, which are a guide to age appropriateness.

Restrictions are in place to protect children from harm.



Trends Summary- Rf OFCOM: Children and Parents- Media Use and Attitudes Report 2022

Use of technical tools was more common among parents of younger children, although a quarter of all parents said they had no controls in place. Parents of 16-17-year-olds were the most likely to have *no* technical tools/controls in place (48%), nearly twice as likely as parents of the other age groups.

The most common type of supervision behaviour among parents was asking their child what they had been doing online

In addition to imposing rules about their children's online activities⁸¹, parents may mediate their child's online activities through supervision. Nearly nine in ten parents of 3-17s (87%) said that they had some type of supervision in place when their child went online. Almost all parents of 5-7s said they did this (98%), decreasing significantly to just over half of parents of 16-17s (53%).

Digital Resilience

- Employ the same parenting skills you use offline to keep them safe, such as **negotiating boundaries**, talking about the difficult subjects we'd all rather avoid, helping your child to recognise what's good and bad behaviour.
- **Set fair and consistent rules** in relation to your child's internet use at home. As they get older, try to agree the rules with them so that they have some control over their digital world.
- Teach your child to **think critically** about what they read, see or hear online. Helping your child to understand that and to **pause and think about the impact** of things that are posted online, will help them cope with some of the difficult behaviour they will come across and avoid getting caught up in it.
- Maintain **a positive outlook on your child's use of the internet**, if you constantly criticise the apps and games they love, they're not going to want to talk to you about their online life.
- Children who can recover from an online mistake can learn and avoid making the same mistake again. You can help by making it easy for them to talk to you about their mishaps (that means trying to keep calm even if you're at your wits' end!), making sure they know where to go for help if they need it, and recognising if they're not recovering well so you can step in and get help for them.
- Allow your child to explore and take charge of their online life.

Technical solutions (one size doesn't fit all families)

There are four main places you can find parental controls, and it can help to set up a combination of these:

Internet provider: you can set up filters to help block access to inappropriate content on any device that connects to your home wifi

Mobile operator: filters are often automatically set up on mobile contracts, but you can double-check with your provider

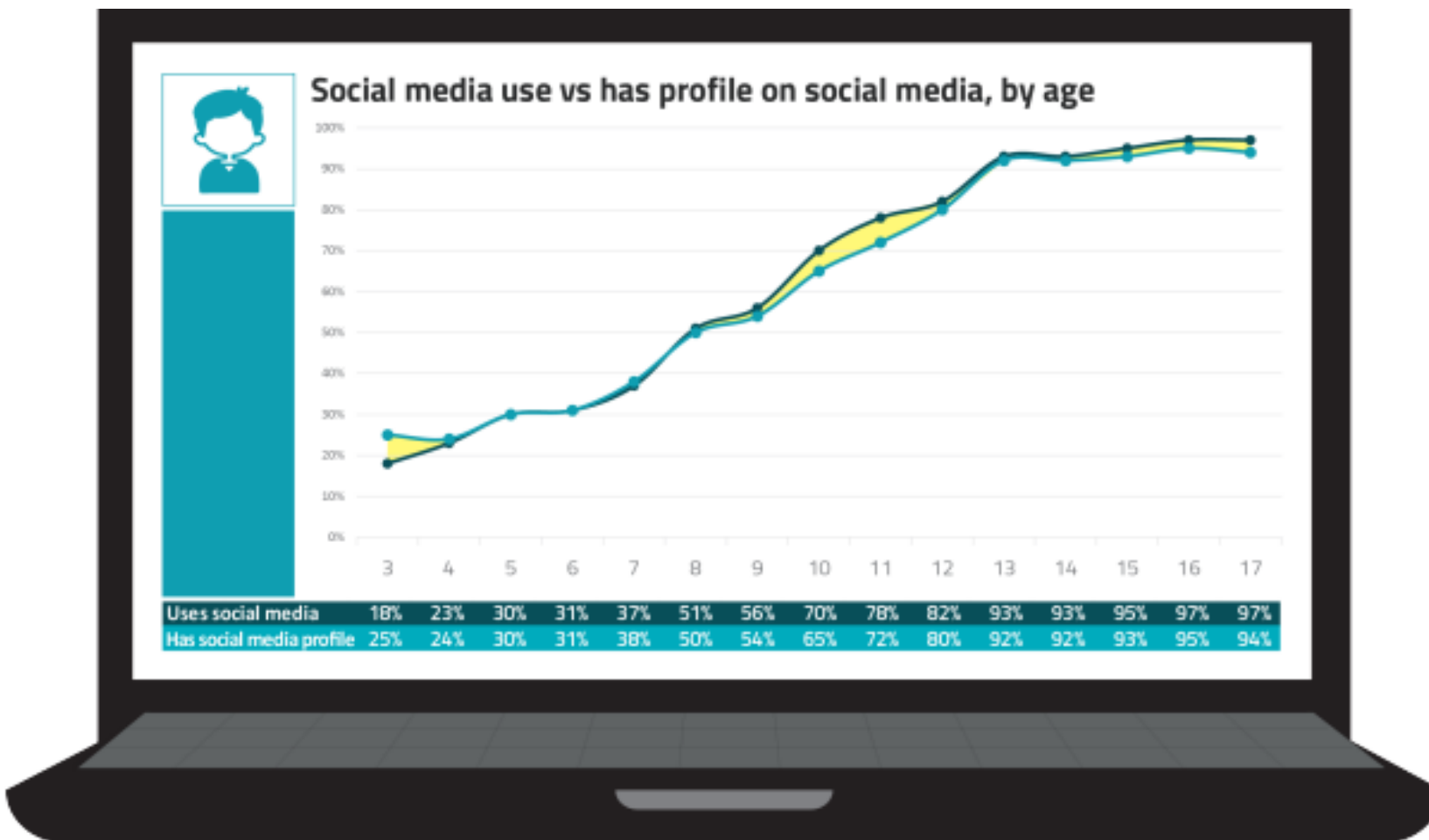
Devices: many devices have parental control settings, for example, to help restrict spending in apps or disable location functions

Online services: sites like BBC iPlayer, Sky, Virgin Media and YouTube have parental control settings or passwords to help restrict access to inappropriate content

Setting Controls:

<https://www.internetmatters.org/parental-controls/broadband-mobile/>

<https://www.internetmatters.org/parental-controls/gaming-consoles/>



The likelihood of children having a profile varies by platform and intersects with age. For example, Instagram is the most likely app/site for older children to have a profile on; 55% of 12-15s and 70% of 16-17s. But children aged 8-11 were more likely to have profiles on TikTok (34%) and YouTube (27%). Among those who had a profile but were under the minimum age requirement (that is, aged between 3 and 12), significant minorities of the younger children claimed to have set up their social media profiles themselves. A fifth of 8-11-year-old children with a profile claimed this, as did 6% of parents of 5-7s and 3% of parents of 3-4s. As the parents answered on behalf of the 3-7s, it is possible that their answers

Is all banter online acceptable?
Are there consequences?

The LAW: Malicious Communications Act 1988

Offence of sending letters etc. with intent to cause distress or anxiety. It also applies to **electronic communications**.

(1) Any person who **sends** to another person—

(a) a letter, electronic communication or article of any description which conveys—

(i) a message which is indecent or grossly offensive;

(ii) a threat; or

(iii) information which is false and known or believed to be false by the sender; or

(b) any article or electronic communication which is, in whole or part, of an indecent or grossly offensive nature

The LAW: Hate crime

The law recognises five types of hate crime on the basis of:

- Race
- Religion
- Disability
- Sexual orientation
- Transgender identity

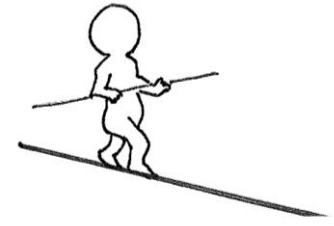
These crimes are covered by legislation (Crime and Disorder Act 1998 and section 66 of the Sentencing Act 2020) which allows prosecutors to apply for an uplift in sentence for those convicted of a hate crime.

We know many children have their own social media accounts.

As parents and carers we can model, guide and make our children aware, that there are laws in place to protect other online users, from content that they find distressing.

In summary-what can we do?

Parents/carers can't possibly be on top of all of the systems their children use
Any internet enabled device can give access to web based systems



Parents/carers don't always understand why their children 'share' over social networking sites.

BUT:

- Keep the lines of communication with your children as open as possible and work together to figure out what's appropriate for them, in terms of safety, privacy, reputation and time management
- Keep up to date with changing privacy settings
- Talk with your children about their favourite tools – with genuine interest, not fear, because they're more likely to come to you if they ever need help
- Share concerns with other family members and school/college
- Be an example to your children. Model good online practices/behaviours.



Check Your Internet Connection Blocks Child Abuse & Terrorist Content

Schools in England and Wales have statutory obligations to keep children safe from particular types of content, this tool will check the correct filtering is in place.

[Test My Internet Connection Now](#) [Test Now](#)

The header of the National Cyber Security Centre website, featuring the logo and navigation menu.

The National Cyber Security Centre

Helping to make the UK the safest place to live and work online.

Featured

[Cyber Security Centre](#) [Device Security Guidance](#)

